

BRYAN BUILDING SAFETY NOTES

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First Aid and CPR

If you are interested in learning CPR or would like to take a refresher course, there is an online site you may use. It is: cprandfirstaid.net. You can take the course online free of charge.

After you successfully complete the course and pass the quick test you will be directed to their certification page where you'll be able to order a wallet card for \$22—this is strictly optional.

Earthquake/Fire Drill

The Earthquake/Fire Drill held on Tuesday, July 8th went well. Thanks go to the Group, Floor, and Building Monitors for their work in making this a success. Thank you to all the people who work in the building for their cooperation in making the evacuation smooth and injury free.

Please feel free to offer constructive suggestions to the Bryan Building Safety Monitor Linda Mulkey at lmulkey@dcnr.nv.gov for future drills.



Travel Tips - At The Hotel

Review the eight safety tips below to ensure that you and your family will feel more secure away from home.

1. When booking your hotel room, **make sure that the room comes equipped with deadbolts** and peepholes.

2. **Make sure that all windows and doors are securely locked.** And if your room has a balcony, make sure there is a net around it so your kids are unable to slip through.

3. **Try to get a hotel that utilizes electronic keys** instead of regular keys. Electronic keys are re-programmed after each stay of a guest.

4. **If your room comes with a safe, lock up your valuables.** More people have access to your room than you think.

5. **Locate the emergency exits** in case of a fire.

6. **Teach your children how to call the front desk and 911** in case of an emergency.

7. **Do not mention your room number in public,** you never know who is listening.

8. Just to be on the safe side, **make sure your family has ID on them** at all times, especially your children. Let them help make their own IDs.

The essential information that should be on their ID are:

Name

Address

Telephone number

Name of hotel of where you are staying

Phone number of the hotel

Parents names

Allergies of the child (if any)

Age/ birth date

Emergency contact (family or friend from home)

Keep a recent photograph of each family member in your wallet just in case you get separated. Police will want to have the most recent photograph for their records.

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A wide range of natural disasters occurs within the United States every year. Natural disasters can have a devastating effect on you and your home.

The Federal Emergency Management Agency's U.S. Fire Administration encourages you to use the following safety tips to help protect yourself, your family and your home from the potential threat of fire during or after a summer storm. You can greatly reduce your chances of becoming a fire casualty by being able to identify potential hazards and following the outlined safety tips.

SOME TYPES OF FIRE RELATED HAZARDS PRESENT DURING AND AFTER A SUMMER STORM

- Lightning associated with thunderstorms generates a variety of fire hazards. The power of lightning's electrical charge and intense heat can electrocute on contact, splitting trees and causing fires.
- Pools of water and even appliances can be electrically charged.
- Appliances that have been exposed to water can short and become a fire hazard.
- Generators are often used during power outages. Generators that are not properly used and maintained can be very hazardous.

CHEMICAL SAFETY

- Look for combustible liquids like gasoline, lighter fluid, and paint thinner that may have spilled. Thoroughly clean the spill and place containers in a well-ventilated area.
- Keep combustible liquids away from heat sources.

ELECTRICAL SAFETY

- If your home has sustained flood or water damage, and you can safely get to the main breaker or fuse box, turn off the power.
- Assume all wires on the ground are electrically charged. This includes cable TV feeds.
- Be aware of and avoid downed utility lines. Report downed or damaged power lines to the utility company or emergency services.
- Remove standing water, wet carpets and furnishings. Air dry your home with good ventilation before restoring power.
- Have a licensed electrician check your home for damage.



GAS SAFETY

- Smell and listen for leaky gas connections. If you believe there is a gas leak, immediately leave the house and leave the door(s) open.
- Never strike a match. Any size flame can spark an explosion.
- Before turning the gas back on, have the gas system checked by a professional.

GENERATOR SAFETY

- Follow the manufacturer's instructions and guidelines when using generators.
- Use a generator or other fuel-powered machines outside the home. CO fumes are odorless and can quickly overwhelm you indoors.
- Use the appropriate sized and type power cords to carry the electric load. Overloaded cords can overheat and cause fires.
- Never run cords under rugs or carpets where heat might build up or damage to a cord may go unnoticed.

- Never connect generators to another power source such as power lines. The reverse flow of electricity or "backfeed" can electrocute an unsuspecting utility worker.

HEATING SAFETY

- Kerosene heaters may not be legal in your area and should only be used where approved by authorities.
- Do not use the kitchen oven range to heat your home. In addition to being a fire hazard, it can be a source of toxic fumes.
- Alternative heaters need their space. Keep anything combustible at least 3 feet away.
- Make sure your alternative heaters have "tip switches." These "tip switches" are designed to automatically turn off the heater in the event they tip over.
- Only use the type of fuel recommended by the manufacturer and follow suggested guidelines.
- Never refill a space heater while it is operating or still hot.
- Refuel heaters only outdoors.
- Make sure wood stoves are properly installed, and at least 3 feet away from combustible materials. Ensure they have the proper floor support and adequate ventilation.
- Use a glass or metal screen in front of your fireplace to prevent sparks from igniting nearby carpets, furniture or other combustible items.

AND REMEMBER...

- Be careful when using candles. Keep the flame away from combustible objects and out of the reach of children.
- Some smoke alarms may be dependent on your home's electrical service and could be inoperative during a power outage. Check to see if your smoke alarm uses a back-up battery and install a new battery at least once a year.
- Smoke alarms should be installed on every level of your home.
- All smoke alarms should be tested monthly. All batteries should be replaced with new ones at least once a year.
- If there is a fire hydrant near your home, keep it clear of debris for easy access by the fire department.



FOR MORE INFORMATION CONTACT:

The United States Fire Administration
Office of Fire Management Programs
16825 South Seton Avenue
Emmitsburg, Maryland 21727

Or visit the USFA web site:
www.usfa.fema.gov



Summer Fire Safety

Every year Americans look forward to summer vacations, camping, family reunions, picnics, and the Fourth of July. Summertime, however, also brings fires and injuries due to fireworks and outdoor grills. Annually just under 10,000 Americans are injured by fireworks and almost 5,000 are injured by charcoal/wood-burning and propane grill fires. In 2007, 64 percent of fireworks injuries occurred between June 22 and July 22.

Families also enjoy camping in the summer. It is important to follow the park's rules for the use and extinguishing of campfires.

Summertime should be a time for fun and making happy memories. Knowing a few fire safety tips and following instructions will help everyone have a safe summer.

Barbecue Safety

Before using a grill, check the connection between the propane tank and the fuel line. Make sure the venturi tubes - where the air and gas mix - are not blocked.

Do not overfill the propane tank.

Do not wear loose clothing while cooking at a barbecue.

Be careful when using lighter fluid. Do not add fluid to an already lit fire because the flame can flashback up into the container and explode.

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List of species and the agency that can assist with concerns or problems

During the summer people tend to come in contact with wildlife. This list serves as a quick reference if you have questions or concerns about an animal, or if that animal is having difficulties.

http://www.fws.gov/nevada/nv_species/urban_wildlife/agencies.htm

Species	Northern NV Agency	(775)	Notes
Bats	Washoe County Vector Control	785-4599	if bitten
Bats	NV Agriculture Dept.	688-1182	check dead ones for rabies
Bats	batconservation.org		for info on removing from home
Bears	NDOW	687-4393 688-1500	
Beavers	USDA Wildlife Services	784-5081	removal
Beavers	NDOW	688-1500	concern, questions
Bed bugs	NV Agriculture	688-1182	
Bed bugs	Washoe County Vector Control	785-4599	removal
Bees	NV Agriculture	688-1182	
Birds	WAIF	849-0345	Injured sparrows, song birds, eagles, etc.
Birds	NV Agriculture	688-1182	injured, many dead
Birds	NV Humane Society	331-5770	Injured
Birds with bands	USFWS Banding Lab	1-800-327-2263	to report tags, need description, species, location found
Cockroaches	NV Agriculture	688-1182	
Cockroaches	Washoe County Vector Control	785-4599	removal
Coyotes, bobcats, fox, skunk	USDA Wildlife Services	784-5081	problems with them, removal
Coyotes, bobcats, fox, skunk	NDOW	688-1500	concern for them
Crop Insects	NV Agriculture	688-1182	
Deer	NDOW	688-1500	Hunting regs., found dead
Eagle feather permits	USFWS	861-6300	Native American Ceremony permits - issued through LE
Eagles, falcons, other raptors	USFWS	861-6300	being harassed, or dead - bring carcass to us or NDOW
Eagles, falcons, other raptors	WAIF	849-0345	Injured
Game Birds	NDOW	688-1500	
Geese near the airport	USDA Wildlife Services	784-5081	removed for their safety from flight plan
Injured Wildlife	Calif. Fish & Game	530-358-2900	Tahoe

List of species and the agency that can assist with concerns or problems (continued)

Injured Wildlife	Lake Tahoe Wildlife Care	246-0470	Dayton
Injured Wildlife	Lake Tahoe Wildlife Care	883-8658	Carson
Injured Wildlife	WAIF	849-0345	Carson, Reno
Injured Wildlife	NV Humane Society	331-5770	Reno
Injured Wildlife	Lake Tahoe Wildlife Care	530-577-2273	Tahoe
Mountain Lions	NDOW	688-1500	removal, attacks on humans
Muskrats	NDOW	688-1500	
Nuisance or dangerous animals	NV Agriculture	688-1182	questions
Nuisance or dangerous animals	Washoe County Vector Control	785-4599	removal
Nuisance or dangerous animals	Wildlife rescue	828-8787 pager 356-3909	donations welcomed, removal of any threatening animal
Nuisance or dangerous animals	NDOW	688-1500	questions
Porcupines	Wildlife services	784-5081	loan traps
Porcupines	NV Agriculture	688-1182	control
Rabbits	Wildlife services	784-5081	guidance
Rabbits	NV Agriculture	688-1182	control
Raccoons	NV Agriculture	688-1182	control, concern
Raccoons	Wildlife services	784-5081	removal
Raccoons	NDOW	688-1500	control, concern
Rats	NV Agriculture	688-1182	control
Rodents	Washoe County Vector Control	785-4599	sick, contact with humans
Rodents	Wildlife services	784-5081	traps
Rodents	NV Agriculture	688-1182	traps
Snakes	NDOW	688-1500	native, venomous non-natives
Snakes	NV Agriculture	688-1182	non-native, non-venomous
Songbirds	USDA Wildlife Services	784-5081	removal
Songbirds	USFWS	861-6300	concern
Squirrels	Wildlife services	784-5081	control, removal
Squirrels	NV Agriculture	688-1182	control
Squirrels	Washoe County Vector Control	785-4599	numerous dead ones or human contact
Waterfowl (ducks, geese)	USFWS	861-6300	www.r1.fws.gov/nevada
Wild Horses/Burros	BLM	861-6583	removal or adoption

Summer Fire Safety Tips from FEMA

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Keep all matches and lighters away from children.

Teach your children to report any loose matches or lighters to an adult immediately. Supervise children around outdoor grills. Dispose of hot coals properly - douse them with plenty of water, and stir them to ensure that the fire is out. Never place them in

plastic, paper or wooden containers.

Never grill/barbecue in enclosed areas - carbon monoxide could be produced.

Make sure everyone knows to Stop, Drop and Roll in case a piece of clothing does catch fire. Call 911 or your local emergency number if a burn warrants serious medical attention.

Campfire Safety

Build campfires where they will not spread, away from dry grass and leaves.

Keep campfires small, and don't let them get out of hand.

Keep plenty of water and a shovel around to douse the fire when you're done. Stir it and douse it again with water.

Never leave campfires unattended.

10 Tips for Avoiding Eyestrain

With the growing use of computers in the workplace and at home, more employees are spending more time in front the computer monitor, which puts extra demand on the eyes. If computer workstations are set up incorrectly, it could lead to eyestrain. Here are 10 tips for avoiding computer-caused eyestrain.

- Look away from the monitor for 30 seconds, every 15 or 20 minutes. Look at or scan things at least 20 feet away to allow the eyes to focus in rest position.

- Position the monitor 20" to 26" from your eyes (roughly the distance from your eyes to the end of your index finger with arm outstretched). Otherwise, you'll be forced to sit or lean too close to the screen, or sit too far away. If your eyeglass prescription does not allow clear vision at 20" to 26" range, get it adjusted.

Set the monitor height so that the top edge is even with your view when looking straight ahead. Then tilt the screen up-

ward so you are not looking at the image at an angle. The optimal screen position is 10 to 20 degrees below eye level.

- Set the monitor screen resolution, Internet browser text size, and the zoom and font default on other applications so that text is easy to read (600x800 for the screen resolution is standard).

- Set the monitor refresh rate to 75 hz or above. 60 hz is too slow and will cause eye strain.

- Remember to blink often (put a sticky note on your monitor!). The average blink rate is 22 times per minute. The rate goes down to 7 per minute when looking at a monitor--this causes the eye lens to dry out. Use an eye moistener if you can't get into the habit of blinking more often.

- Put the palm of your hands over your eyes for a minute or so, once every half hour. This warms the muscles around the eyes, relaxing them.

- Minimize glare. Make sure the background light level around the monitor is about the same as the screen light level. Minimize direct sunlight or bright lights in front of

the monitor or directly behind it. Attach a glare shield if a bright background or reflection can't be minimized.

- A bright screen causes eyestrain. Adjust the contrast and brightness to levels you use when reading a book comfortably. Place a paper holder at the same level as the monitor, or attach it to the monitor, to hold documents. This prevents repetitive upper body and eye movement from paper to screen.

Reprinted from State of Nevada Risk Management website

